

News from the Wyoming Department of Health

Wednesday, December 30, 2009

Wyoming Smokers, Tobacco Users Can Find First-Rate Help to Quit

For smokers and smokeless tobacco users who wish to start the New Year by quitting, the Wyoming Department of Health offers the highly rated Wyoming Quit Tobacco Program.

The Wyoming Quit Tobacco Program, which is part of the department's Mental Health and Substance Abuse Services Division, offers low-cost cessation medications and free supportive services such as counseling to help smokers and spit tobacco users quit. Interested residents can call 1-800-QUIT-NOW or log on to <http://wy.quitnet.com> to enroll in the program.

"While quitting tobacco pays big rewards with better health, there is no question that stopping cold turkey can be tough," said Joseph D'Eufemia, tobacco program coordinator with the Wyoming Department of Health. "Research has shown time and again that support services such as those offered by our program can greatly increase a person's chances of quitting successfully."

D'Eufemia noted there is no safe form of tobacco, whether the material is offered as cigarettes, cigars, pipe smoke or spit tobacco.

Niki Mueller, Wyoming Through with Chew program manager, noted a growth of new tobacco offerings over the last few years. "There are new tobacco packets, spit-free products, snus, sticks, orbs, dissolvables and gels now available. Some have a deceiving resemblance to candy and breath mint strips," she said

"While these new products may be tempting because it seems like they could be safe, each is addictive and contains dangerous nicotine levels and other cancer-causing chemicals," Mueller said.

The North American Quitline Consortium recently reported Wyoming's Quit Tobacco Program is reaching 5 percent of the state's smokers, which was ranked 2nd out of 40 participating states.

Wyoming is the only state offering all forms of nicotine replacement therapy, including nicotine patches, nicotine gum, nicotine lozenges, Wellbutrin, Zyban, Bupropion, nicotine inhaler, nicotine nose spray and Chantix. Wyoming residents must call 1-800-QUIT-NOW to receive cessation medication vouchers, but free counseling services are available through both the phone line and the Quitnet web site.

D'Eufemia said, "Whether you smoke, chew, or use other forms of tobacco, the best time to quit is now. Our department wants to help. With a little preparation and proper support, your chances of stopping your tobacco addiction are better than ever."

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